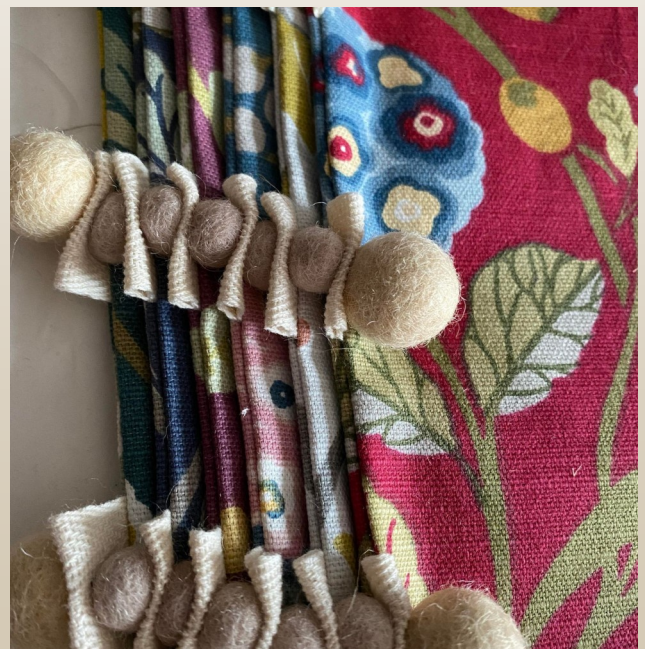


the
stitchbook
COLLECTIVE 2022

Workshop 1 of 12

Stitchbook Design & Construction

These notes should be read in conjunction with the online video



www.untangledthreads.co.uk/MEMBERS

Video Password: HMB01

SECTION 1: How to make Stitchbook pages

00.00	Introduction	3
	Preparation	
08.16	1. Working space	3
08.44	2. Equipment	3
10.12	3. Fabric	4
12.45	4. Template	4
	Step by step instructions	
15.12	1. Turn up hem on LONG EDGE	5
15.43	2. Stitch	5
16.44	3. Fold fabric in half and iron	6
17.45	4. Position template and mark edges	6
19.00	5. Mark tab placement	7
19.50	6. Position and pin tabs	7
25.00	7. Stitch	8
25.53	8. Trim edges	8
26.25	9. Clip bottom corners	9
26.45	10. Turn right side out and press	9

SECTION 2: How to bind the pages together

29.40	Introduction	10
	Preparation	
33.19	1. Beads, spacers & thread	10
	Step by step instructions	
35.44	1. Line up pages	11
36.33	2. Binding sequence	11
37.28	3. Binding	12
39.58	4. Finishing off	12

SECTION 3:

42.41	Adaptation of Design	13
47.28	Placement of tabs	15
51.47	Presentation of Samples	16
54.35	Workshop 2/12 Textural Stitching	17

SECTION 1

How to make HMB Stitchbook Pages

INTRODUCTION

It's important throughout this whole Stitchbook project that you think about, and try to understand, **why** you are doing a certain thing, rather than just following instructions. I hope that my teaching will give you the skills you need, not only to 'make a stitchbook', but also to 'own the process', meaning that you can continue to make things which are as unique and individual as you are in the future.

So, the HMB Stitchbook pages are designed to be pockets with binding tabs. This means that:

- the size and shape of your book is extremely versatile
- you can attach samples to the pages without having to stitch through to the other side
- you can keep work-in-progress and instructions tucked away safely
- different thicknesses of samples can easily be accommodated by the use of different sized spacer beads

HMB Stitchbook design and intellectual property right is covered by unregistered design legislation. www.untangledthreads.co.uk 16th July 2019. The design can be copied for personal use only.

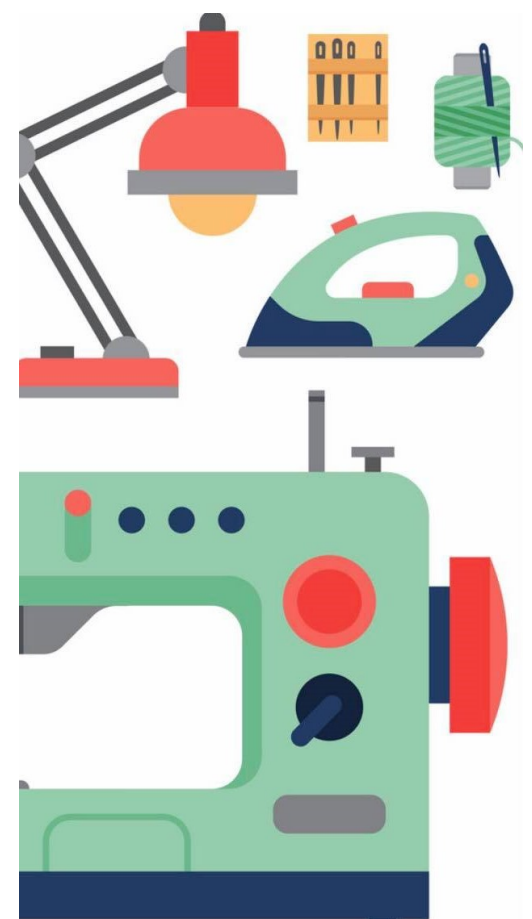
PREPARATION

1. Working Space

You will need to have a flat working surface whilst working on the structure of the pages. Make sure that you have a large enough space to be able to work comfortably.

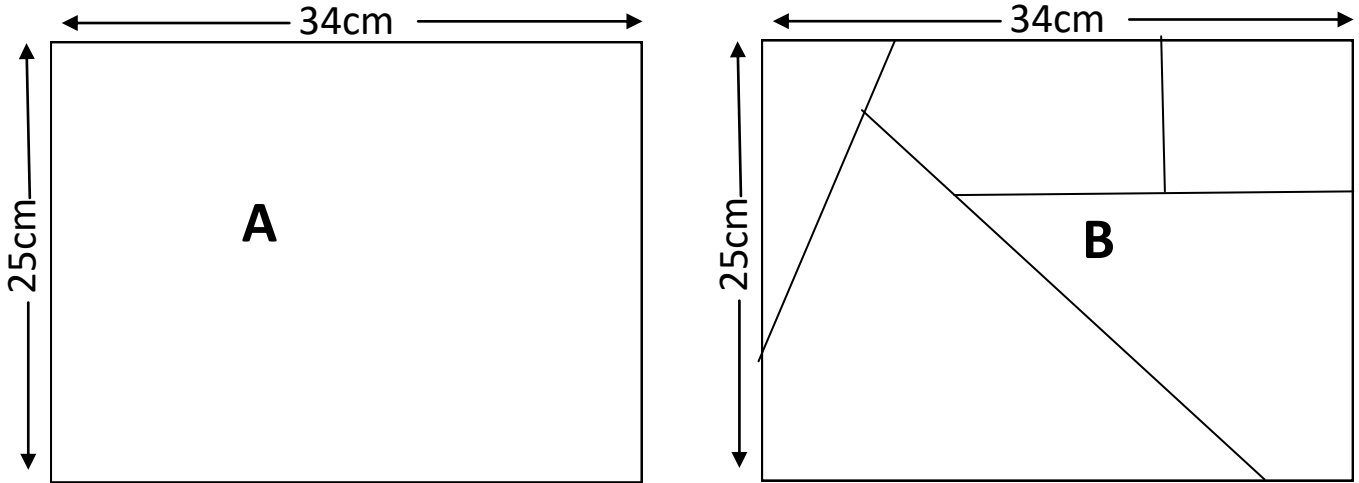
2. Equipment

- Ruler
- Fabric marker (pencil will do for calico)
- Access to an iron and ironing surface
- Sewing machine, optional, pages can be stitched by hand.
- Scissors
- Dressmaking pins (glass headed are great)
- A sheet of copy paper
- Sewing thread
- Strong thread
- Spacer beads
- Ribbon or tape for tabs



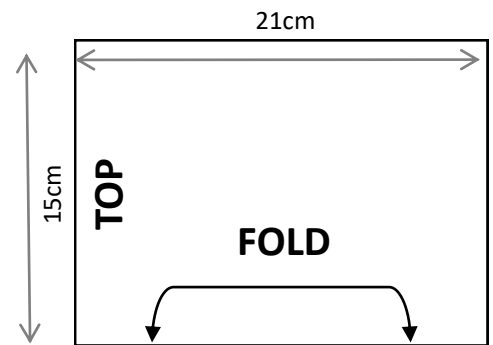
3. Fabric

- Firstly you must decide the finished size you would like your pages to be. In this example, I am going to make an A5 page (*approx 15 x 21 cm*)
- **Your fabric for each A5 page/pocket needs to measure 34cm x 25cm**
- The fabric for each page can be cut from one piece, or can be made from a patchwork of smaller pieces i.e. A or B

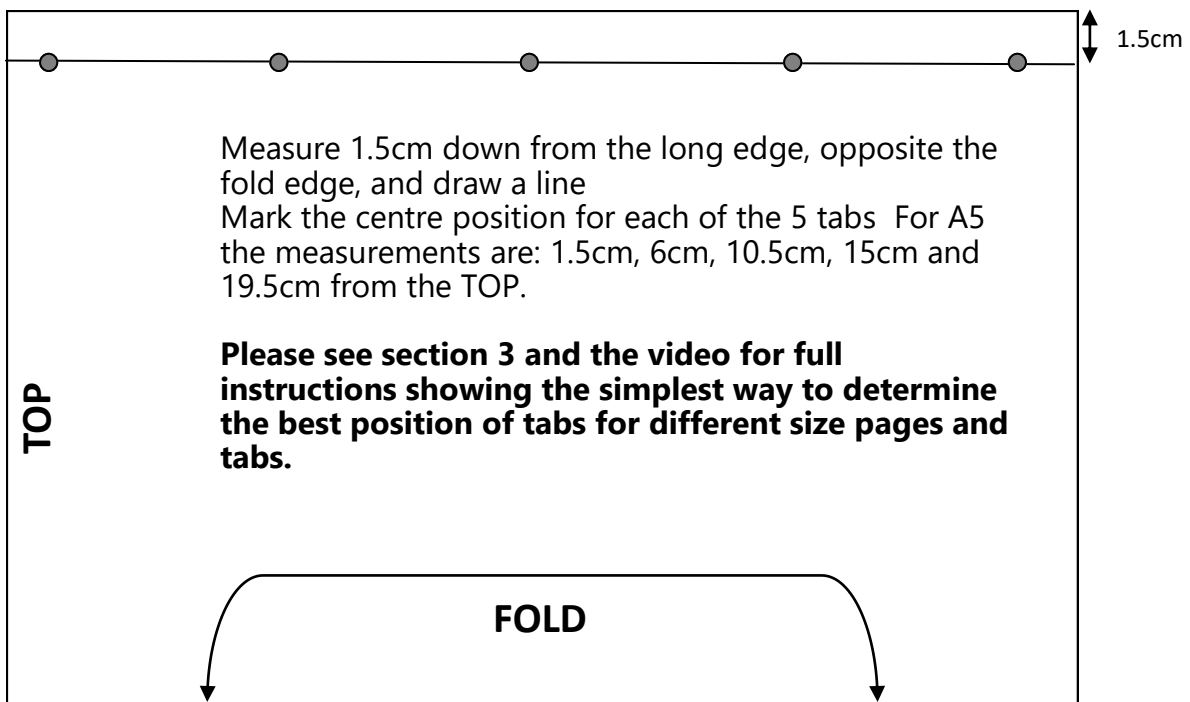


4. Make a Template

- You will need an A5 sheet of paper (15x21cm)
- Mark one of the long edges **'FOLD'**
- Mark one of the short edges **'TOP'**



1.5cm 6cm 10.5cm 15cm 19.5cm



STEP BY STEP INSTRUCTIONS

1.



Turn up 1cm along long edge of fabric.
Fold over again to create enclosed hem, then iron flat.

2.



Stitch hem using your personal choice of stitching. This could be top stitching using the machine, hand stitching or embroidery.

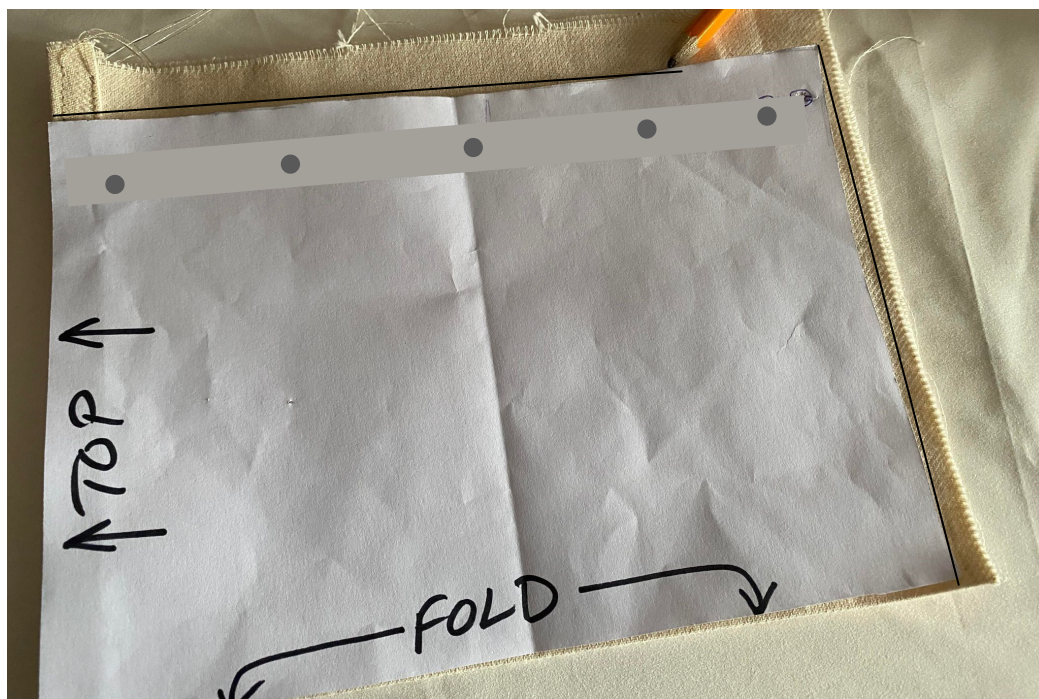
STEP BY STEP INSTRUCTIONS

3.



Fold fabric in half with the hemmed edge right sides together, then iron flat.

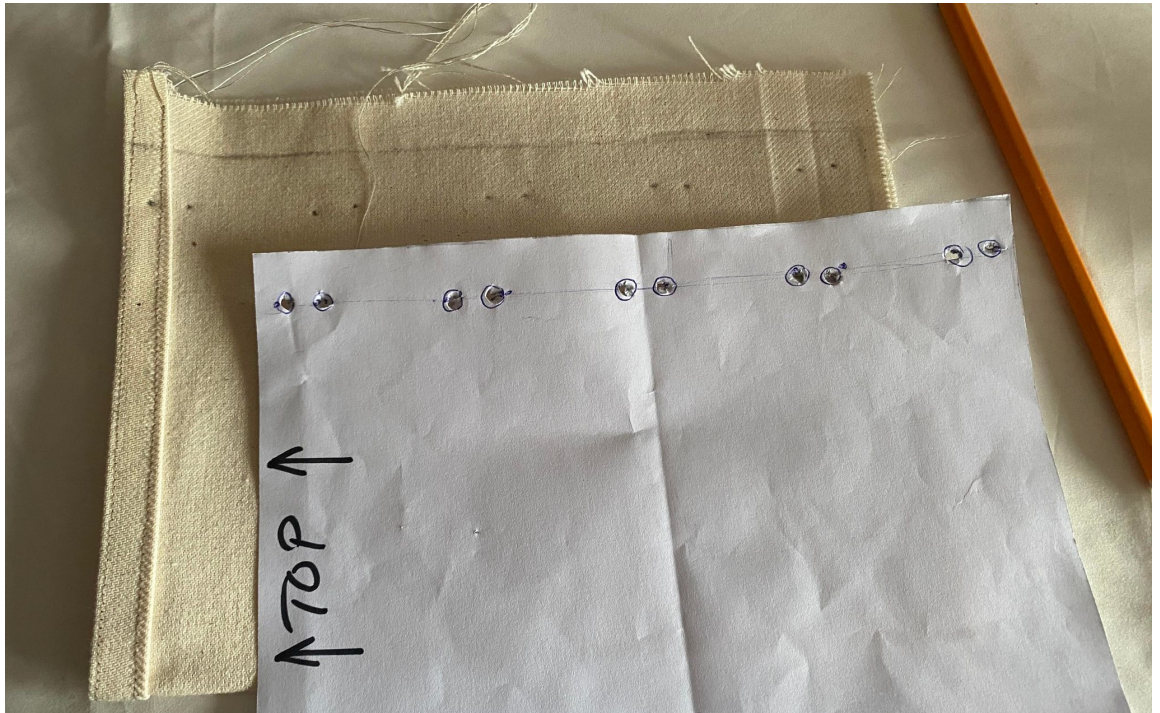
4.



Position the template on the fabric and mark the edges. The edge of the template is your **STITCHING LINE**.

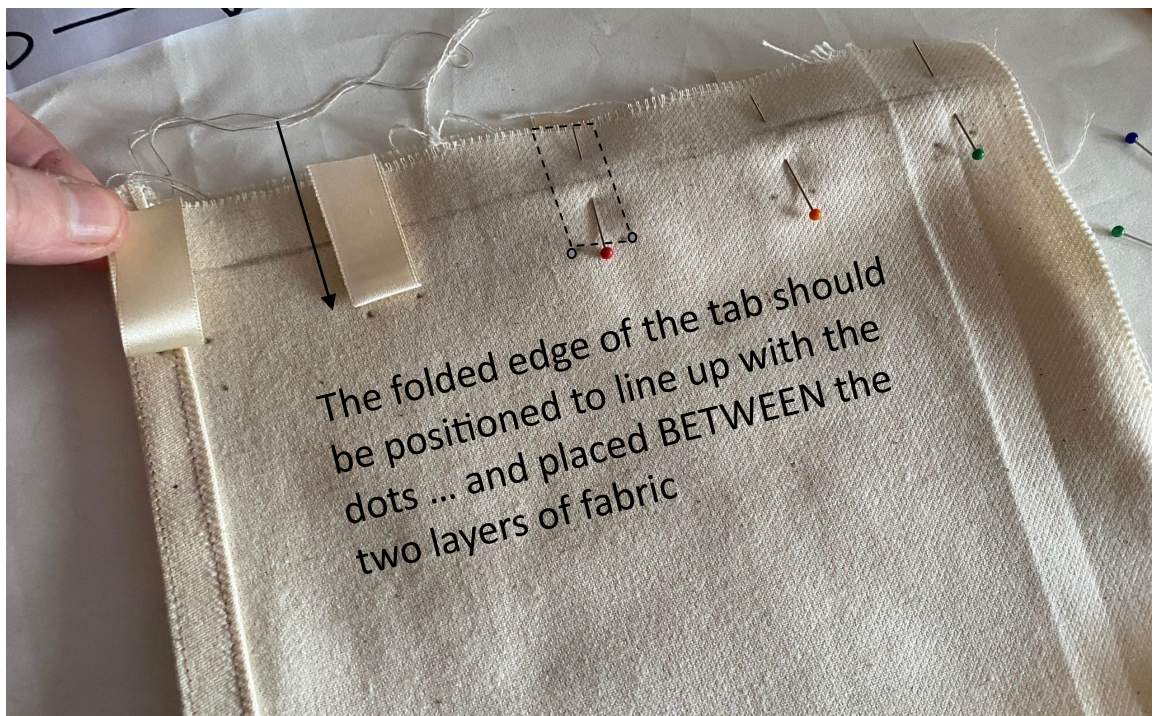
STEP BY STEP INSTRUCTIONS

5.



Mark the tab placement. This will be on the inside of your pocket so it won't show on the finished page. * **See video for full instructions.**

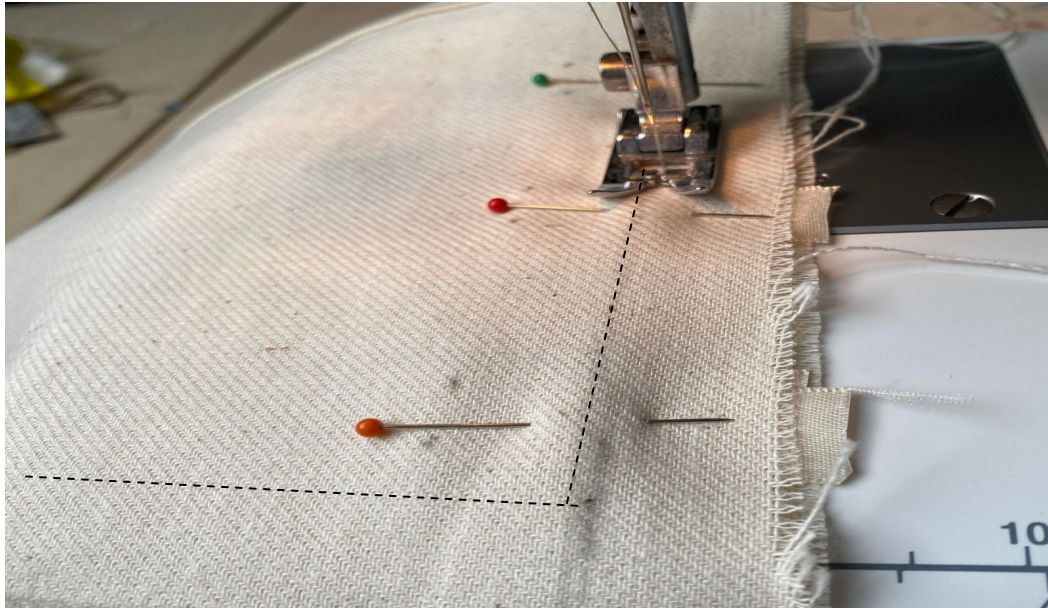
6.



Position and pin the tabs into place.

STEP BY STEP INSTRUCTIONS

7.



Stitch. This can be done with the sewing machine, or can be back-stitched by hand. Make sure that the tabs are firmly held in place.

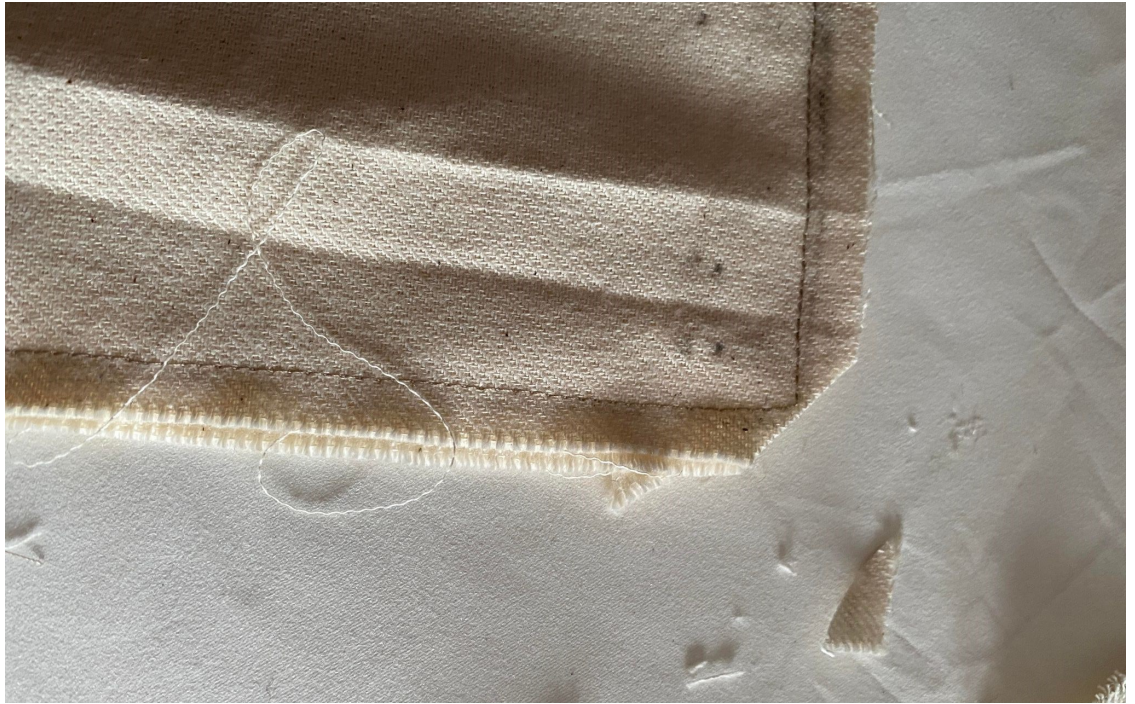
8.



Trim the edges.

STEP BY STEP INSTRUCTIONS

9.



Clip the bottom two corners.

10.



Turn the page/pocket right side out and press.
One page is complete.

SECTION 2

How to bind the pages together

INTRODUCTION

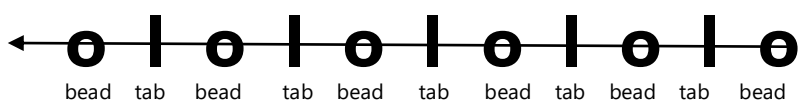
The spacer beads allow depth between your pages to accommodate your samples. The thicker your sample, the larger the spacer bead needs to be. I would avoid using very heavy beads initially, unless you are happy to reinforce the outer covers of your Stitchbook.



PREPARATION

1. Beads, Spacers & Thread

The size and design of your binding tabs and spacer beads is completely up to you. Assuming you have 5 tabs on each page, you will need 5 beads for each page, PLUS another 5 for the outside cover. i.e. for 5 pages, with 5 tabs on each page, you need $5 \times 5 = 25 + 5 = 30$



You will also need a thread which is strong enough not to snap when pulled on. Nylon or polyester beading or embroidery thread is great. *You can use Stranded Embroidery DMC thread .. I suggest using all 6 strands.*



ceramic beads



polymer clay



felt balls



wooden beads



acorn shells

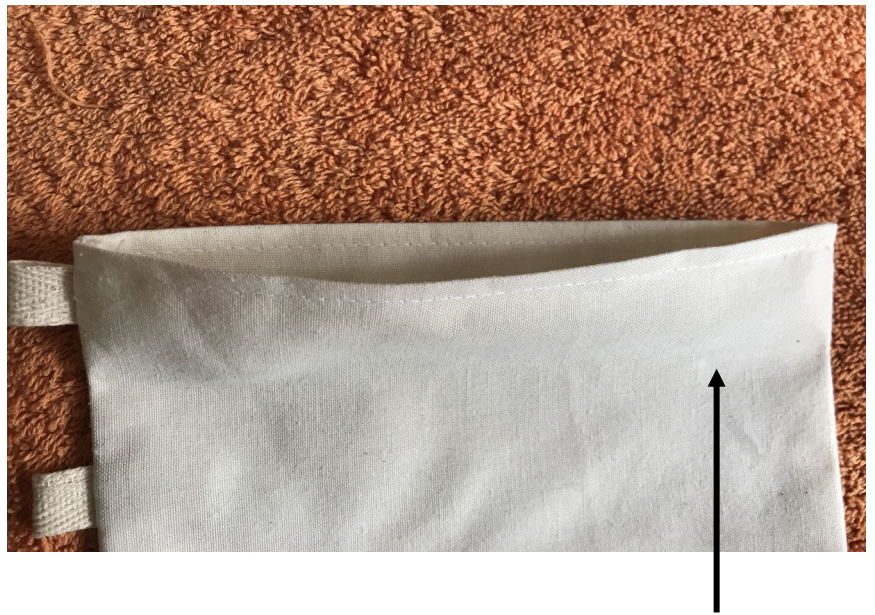


sea glass

How to bind your Stitchbook (step by step)

1. Line up pages

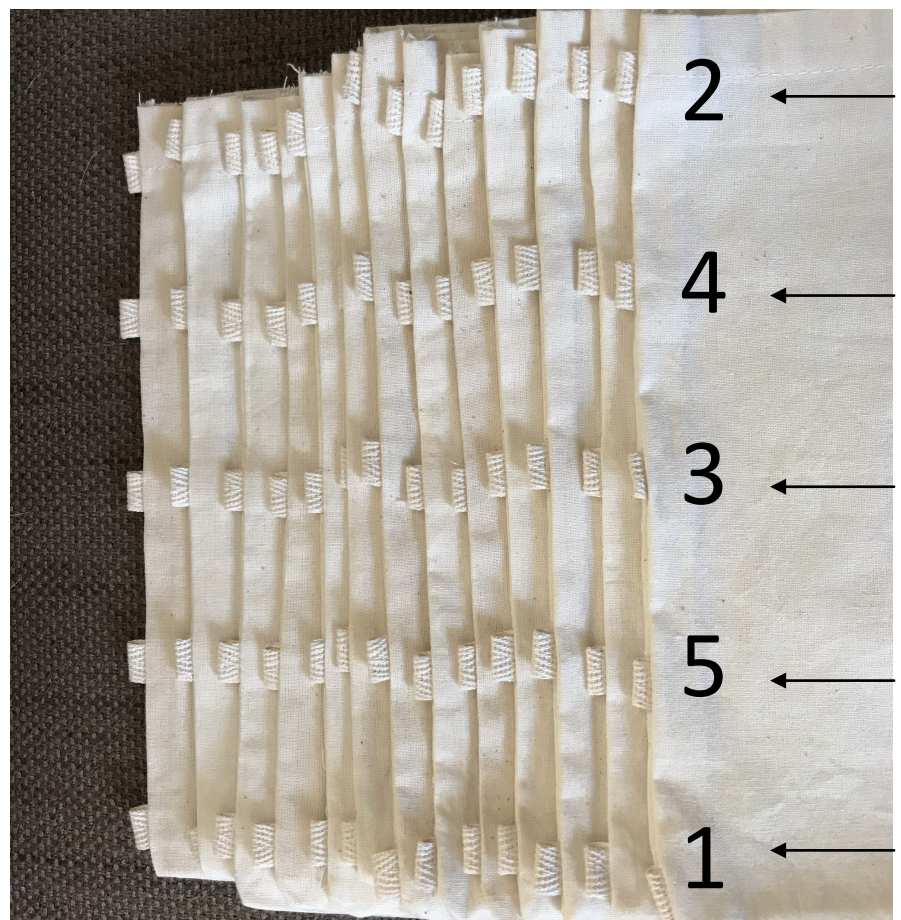
Line up your pages, making sure that all the open ends are facing in the same direction.



2. Binding sequence

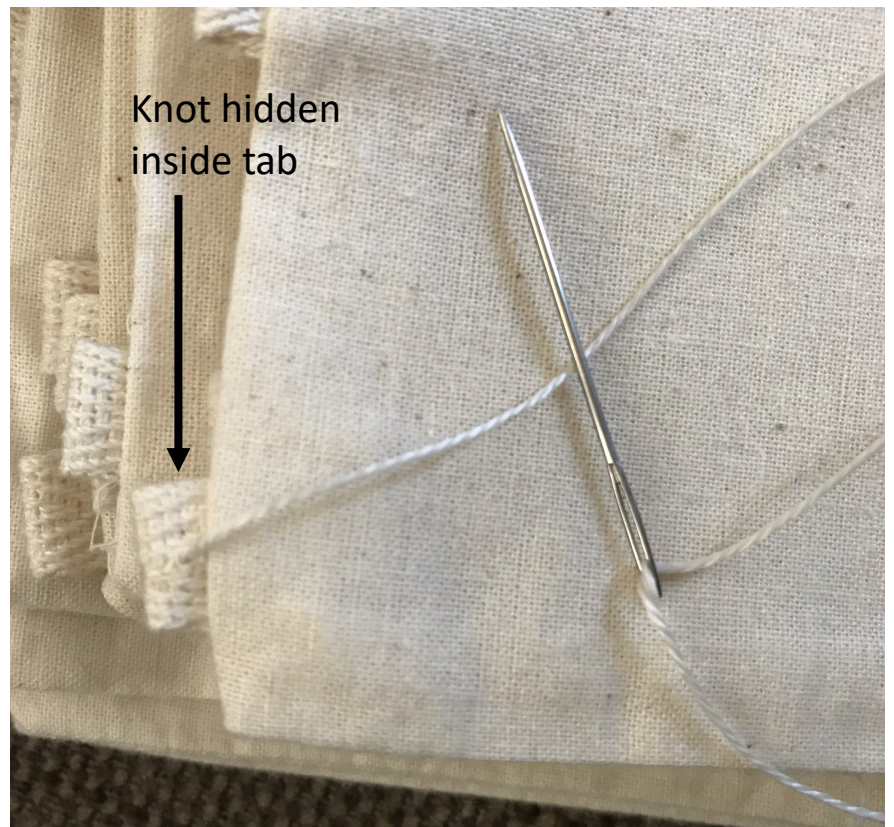
Bind the rows of tabs in the order shown.

This ensures that any irregularity in the spacing of your tabs is spread evenly across the length of the book. But remember - this is a handmade item and idiosyncrasy is both inevitable and desirable.



3. Binding

Thread your needle and knot the thread. Pass the needle into the first tab, hiding the knot. Thread the following sequence: bead-tab-bead-tab....until the last bead.



4. Finishing off

Pass the needle back through 2 or 3 tabs and beads. Be careful not to split the thread. Hold onto the end bead, and pull the thread tight. You should find that the beads pull themselves together. Now knot the thread around itself, between the bead and tab. Once you are happy that the thread is secured, pass it back through a couple of beads before cutting it off. Repeat this for all 5 of the rows of tabs. Your Stitchbook is bound!



SECTION 3

ADAPTATION of DESIGN and PRESENTATION of SAMPLES

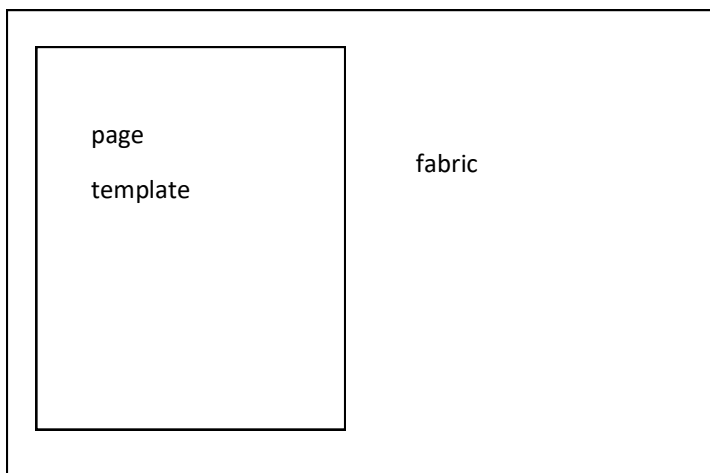
The design of the HMB Stitchbook is extremely versatile.

I suggest that you make a few plain A5 calico pages to learn the technique, but once you have mastered it, you will easily be able to adapt the pattern to suit your own needs.

The simplest adaptation is in the size of the Stitchbook.

The most obvious sizes are A5, A4 and A3 but you could also make square books, long rectangular books. very small books etc etc.

Decide the finished size of your pages, and cut a sheet of paper as a template to that size. The fabric you will need for each page is twice that, plus a border of approx 2 or 3cm all round: i.e.



A5 template = 15 x 21cm
fabric for each page needs to be at least = **34 x 25 cm**

A4 template = 21 x 30cm
fabric for each page needs to be at least = **46 x 37 cm**

A3 template = 30 x 42cm
fabric for each page needs to be at least = **66 x 48 cm**

Your stitchbook can be made from any fabric.

You may decide that your outside covers need to be slightly thicker, or from a patterned or pre-stitched fabric. Upholstery and curtain sample books are great for this, in fact, using the fabric from a pair of second hand or discarded curtains is a wonderful way of upcycling. It is amazing how different books look depending on what fabric has been used ... I'm really looking forward to showing an online gallery of your work as inspiration for the rest of us! Here are a few of my most recent designs:



SECTION 3 cont..

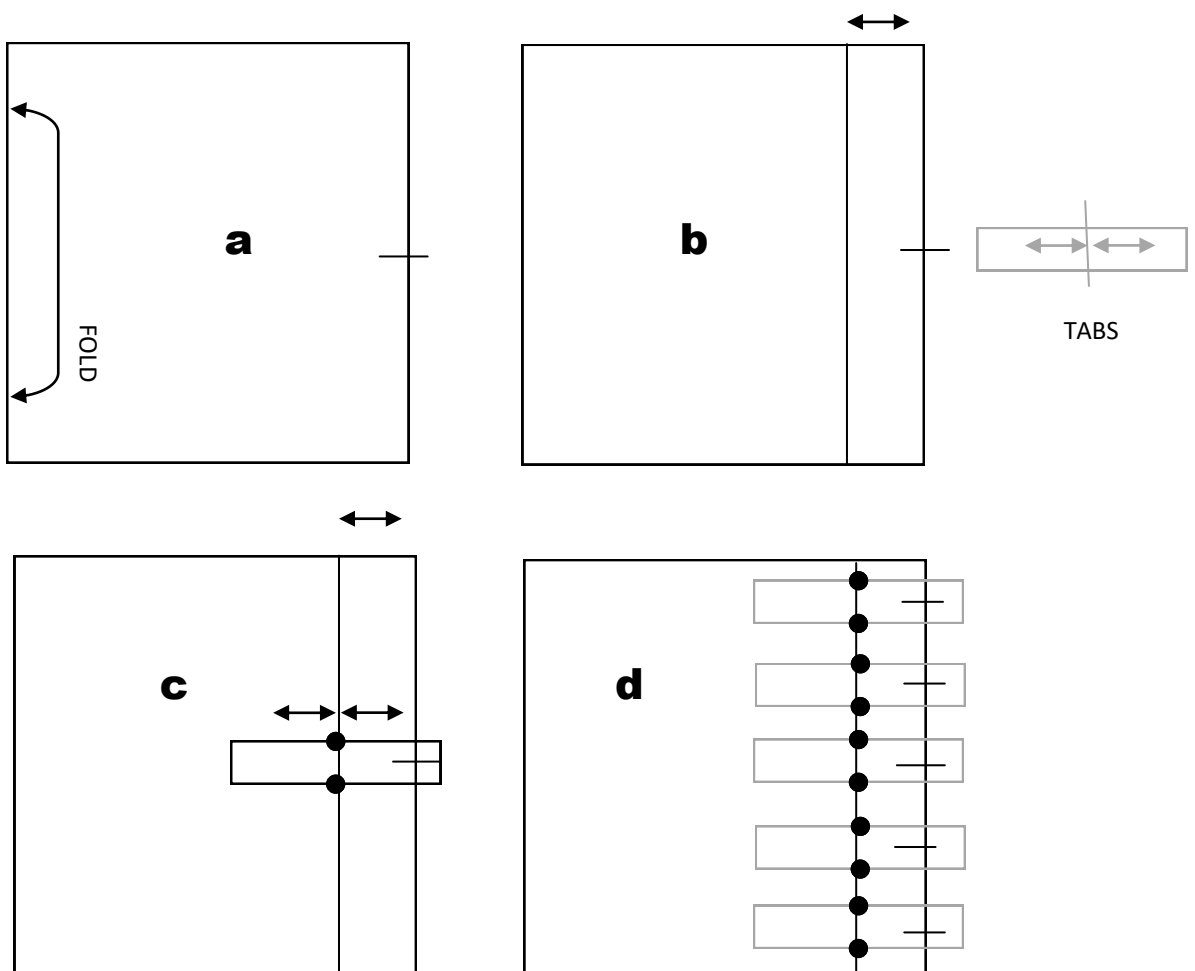
Adaptation of design and presentation of samples

PLACEMENT OF TABS

Once you have decided on the size and shape of your pages, you can then decide on the size and position of the tabs. Obviously you don't have to use 5 on each page, you just need to be consistent with all the pages of your book, so that they line up neatly.

The position of your tabs should be marked onto your template and then repeated on each page. I demonstrate how to work out your tab spacing on the video, and I promise that it's easier than the diagram makes it look! (*Even I think that the diagram is crazy and I drew it!*)

- Find the middle of the edge opposite the fold.
- Decide how 'long' you want your finished tabs to be, \longleftrightarrow and draw a straight line that distance away from the edge. *Make sure that you cut your tabs at least twice as long as \longleftrightarrow*
- Offer the tab up to the template and mark the width of the tab.
- Repeat for other tabs .



PRESENTATION of SAMPLES

Over the coming months we will be making samples of different mixed media textile techniques. These samples will be created on separate pieces of fabric, which you can then stitch into your Stitchbook.

How you display your samples is up to you and I expect it will depend on your method of working. Some people will work in a very structured way: they will follow the instructions and create a well defined sample each month. Others of you, and I count myself in this number, will stop and start, making several attempts and versions of each technique. Both of these ways of working, and any in between, are equally effective. My favourite memory of classroom teaching was a young lad who said: 'I love art, Miss, coz I can't do it wrong!'

You might want to use the page/pocket as a place to stuff half finished work and PDF printouts? You might want use a temporary barrier tucked into the pocket (acrylic sheet) so that you can stitch your samples into the book without showing on the next page. One month you might want 2 double pages, one month you might only have one very small example to show. You might want to theme your book right from the start, for example only using fabrics of a particular colour palette , or use a repeated motif for each month's samples

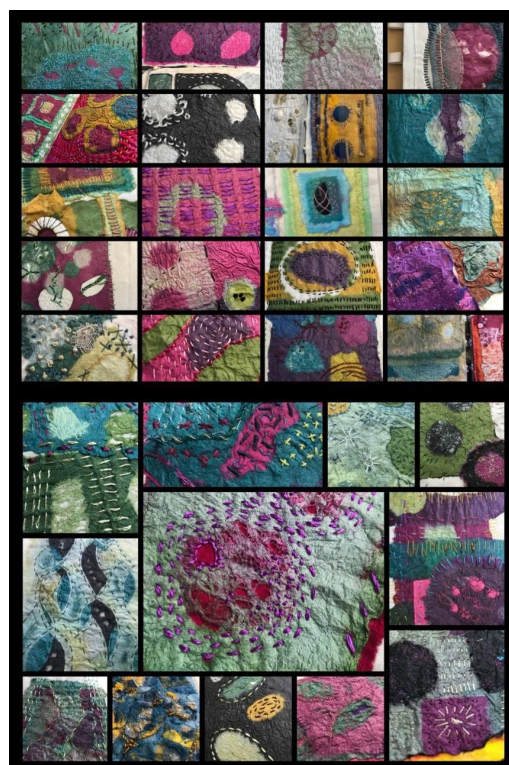
All of these ways of working are fine.

BUT, you might now be feeling a bit overwhelmed. Too many choices are actually quite debilitating.

I would suggest that, unless you already have a fixed plan in your head, start off slowly. Give yourself a chance to relax into the project. If you are a beginner:

- Make your pages from plain calico and tape.
- Use felt balls or wooden spacer beads to bind the pages together.
- Accept that your ideas and expectations will grow and change over the year.
- Please don't compare your work to that of other members .. we are inevitably a very mixed bunch in terms of experience and skill, and you are YOU. Begin where you are and see where this project takes you. We will all have different destinations in mind, but we will all enjoy the journey if we support and encourage each other.

I look forward to seeing your work. Please send images as JPEGs to untangledthreads@aol.com



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Next Workshop



7th February 2022

*Textural Stitching and
Working in Relief*

Workshop 2 of 12

A list of supplies needed for this workshop will be announced in the next Newsletter (January 18th 2022) and online www.untangledthreads.co.uk